

Supplementary Table 1. Group education program for both the intensive and control groups

Lesson	Title	Educator	Time, min
1	About diabetes, glycemic goal, diabetic complication	Endocrinologist	40
2	SMBG, insulin use, hypoglycemia (understanding and detecting, management with carbohydrate)	Educator nurse	40
3	Diet therapy	Dietician	40
4	Lunch buffet	Dietician	40
5	Exercise and foot care	Educator nurse	40
6	Stress management	Psychiatrist	40